



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Bethke, Jörn

Club: Brockenlaufverein
Number: 245

Course: 26.20 km
Brockenlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:33:28

Speed: 10.17 km/h
Running performance: 5:52 min/km

Rank in course/Total: 211 (of 426)

Rank in course/Men: 197 (of 371)

Best time in course: 1:42:20

Rank in category: 32(of 58)

Best time in the category: 1:45:17

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	Total km	Total Time	Total min/km			Pos Men	Behind Men
Loddenke	3.30	19:31	5:54	39	6:59	222	7:05	3.30	19:31	5:54	3		149	7:05
Schlüsie	3.10	20:49	6:42	39	6:43	231	7:23	6.40	40:20	6:18	3		197	14:28
Hermannsklippe	2.60	18:58	7:17	39	6:29	236	7:13	9.00	59:18	6:35	3		197	21:41
Brocken	3.10	30:22	9:47	41	10:23	224	12:16	12.10	1:29:40	7:24	3		197	33:57
Eiserner Handwe	3.60	17:53	4:58	29	5:55	165	5:55	15.70	1:47:33	6:51	3		197	39:10
Schlüsie	4.10	16:28	4:00	23	4:32	140	4:32	19.80	2:04:01	6:15	3		197	43:03
Loddenke	3.10	13:56	4:29	26	3:30	165	3:43	22.90	2:17:57	6:01	3		197	46:46
Ilseburg/Markt	3.30	15:31	4:42	31	3:45	177	4:22	26.20	2:33:28	5:51	32	48:11	197	51:08